# Sunday 20th October – Connect Group Notes

## Don’t follow your heart

Read Jeremiah 17:5-10

**1. Are you familiar with these common sayings? When and why might people use them?**

* *Follow your heart*
* *Be true to yourself*
* *Do what you feel*
* *You do you*

**2. What other sayings or platitudes are you familiar with? Would you say they’re more commonly used by Christians or non-Christians?**

* How do these sayings align (or conflict) with biblical teaching?
* What might a biblical perspective on these sayings look like?

**3. Have you ever experienced a situation where ‘following your heart’ led you into trouble?**

* What would you say to yourself, or someone else, if they were facing a similar situation today?

**4. In what ways is the heart ‘deceitful’ and ‘beyond understanding’? (Jeremiah 17:9)**

* Can you think of examples from scripture where emotions or desires were misleading?

**5. How does Jeremiah 17:10 (that God knows our hearts and minds) offer both comfort and challenge?**

* In what situations have you found this knowledge of God reassuring?
* When have you found it challenging?

**6. Look at the contrasts in Jeremiah 17:5-8 between the person who is cursed and the one who is blessed.**

* What does each trust in, and how does that affect their lives?
* What modern parallels can you draw from these descriptions?

**7. How does the promise of Ezekiel 36:26 (God giving a new heart and spirit) help us when we struggle with our own desires and will?**

* How can we rely on the Lord rather than on our own strength?
* Follow-up: How do you personally experience this process of transformation?

**8. What does it mean for you to live not by ‘following your heart,’ but by following Jesus?**

* Can you share a testimony of how this has played out in your life, or how you hope it will in the future?
* How does this challenge or change your daily decisions?